



The Energetic Anatomy

The energetic anatomy is comprised of your grounding cord, central channel, seven in-bodied Chakras, 72,000 known meridians, and your auric field. While more information on the aura and chakras is covered in the book ***Energy Healing Through the Chakras***, your recorded training sessions, and your member portal, below is some supplementary information on working with chakras, the Grounding Cord, and the Pillar of Light.

When beginning chakra work, it can be very intense initially, especially within the first three chakras. Chakras contain the power you came into this world with and they contain imprints of wounding. In Level 2, we will be exploring more in-depth the chakra system and the healing needed in these power centers. No matter what your imbalances are in these chakras, your soul is here to actualize the full potential of your untapped power. That is the work we will be accessing through chakra healing in this program.

In the member portal and in *Energy Healing Through the Chakras* you will begin your chakra journey from the perspective of intuitive energy healing. We will look at our negative imprints in order to heal and overcome them, and not to get or remain stuck in them. It is very easy to resonate with many of the imbalances in the chakras, which can feel like we're focusing on the negative aspects of each chakra. However, your goal is to increase power in your power centers. If there is a particular chakra that feels more imbalanced than the others, spend a little more time and attention there.

The process of working through the chakras can take years, and yet, in this program, you will gain awareness of how to work with energy clearing and the chakras. Within this level of the EHIT, you will have the life-long tools on understanding how to process your life and your emotions through the chakras.

In the sections below, I will highlight some exercises on the Grounding Cord and Pillar of Light, which are aspects of the energetic anatomy. There is also a section explaining belief systems and how you will be utilizing Energy Healing Through the Chakras through the weekly assignments.

The Grounding Cord and the Pillar of Light:

When we are grounded, we feel peaceful, centered, and relaxed. When our pillar is engaged and strong, we feel strong, powerful, and bright. These are two central pathways in the body through which we take in Source, life force, and love, and how we exhale out the aspects of life that you are complete with. While you will receive in-class teachings on the grounding cord and pillar of light, here is some supplementary information to support you:

The Grounding Cord:

The Grounding Cord is foundational to all energy work. It is what anchors us to the earth energetically. Our grounding cord can be seen as a beam of light or a tree-trunk like image with roots sprouting into the core of the earth. It is a visualization tool.

When you visualize your Grounding Cord, you can see it connected from your hips to the center of the earth. Breathe deeply and let your body relax into this support. At the same time, let the earth's energy rise up through the backside of your Grounding Cord and let yourself be fueled by a strong earth energy. It will actually relax you when you feel the earth's energy rise up to support you. This is a meditation. The more you practice this meditation the stronger you will feel it.

The Grounding Cord is also a wonderful depository for the unwanted energy that releases from your body. You can breathe into the places in your body where you feel blocked and keep breathing into it. Then, let the energy

release down your Grounding Cord. It will take that energy to the center of the earth and will be transformed there as pure light.

Grounding Cord Exercise:

Close your eyes and visualize your Grounding Cord. If it feels good for you - In the space below, draw a picture of what your Grounding Cord looks like to you:

The Pillar of Light:

The Pillar of Light in the body is also known as the Sushumna Nadi. It is the primary meridian running along the length of the spine and in your core. It begins at the crown chakra and ends at the pelvic floor, and then merges with the Grounding Cord. The Pillar is the pipeline in us through which Grace flows. When the Pillar is blocked or bent, we may feel off. Nothing should be in the Pillar but our own light and essence.

However, deep core issues are those life experiences impacting us so profoundly, the issues still reside in our core Pillar. When we go through our healing process and work through our core issues, the emotions, and energy move out of the Pillar to the periphery of the body. It no longer becomes a core issue as we heal from the inside out. The further the issue has moved out, the less impacted we feel by it.

For healing, you can run Divine Light or Grace through the crown of your head and through the Pillar, as if you are showering yourself off daily. The more you visualize yourself taking in Divine Grace and letting this pillar expand, the more you will glow. Of course, it may bring up emotions and wounds to clear, but when you move through those blocks, light can freely flow through you.

To help with a perspective on the Pillar of Light, I want to share an experience I had in my Pillar:

I remember the first time I felt the Pillar of light in my body. I was living in Boulder, Colorado. I was a daily hiker and was hiking near the Flatirons, a place where I often communed with God, but didn't really know at the time. One day, I felt this strong line of energy from the crown of my head to my tailbone and had an omnipotent knowingness of the Pillar of Light. I then heard what felt like a voice from God say to me: "Visualize this every day and you will be healed." Now, looking back, I couldn't believe I wasn't skeptical. Yeah, right it's that easy? But I had faith and the pillar became a strong presence in my body.

The power of knowingness in my body and relationship to the Pillar was beyond words. So, I did it. I visualized that Pillar every day for one year. I was young, around 23 years old. That year, I had more divine openings setting the foundation for my being a healer.

What the voice didn't clarify at the time, was "healing" means hurting sometimes, feeling pain, forgiving, facing fears, taking risks, and to stop being a victim. It wasn't exactly a blissful time. At times, I would experience the Pillar in my body, and at the same time, painful relationship dynamics. Then other times, emotions would take over and I would cry and go through the depths of it. But even through these healing releases, as I call them, I would feel my Pillar even stronger in my body. It got so strong - my posture changed. My spine became straighter and my heart lifted.

During this time, I navigated through the twists and turns of life. Although the image of the Pillar seems like a straight column, it does not imply rigidity. In fact, it's the opposite. The Pillar of Light is fluid and vibratory with the presence of life force energy. Through it, the power of Truth emerges.

The Pillar of light is the union of Divine consciousness or God with the center of your Soul's essence. It means that God is within you. If there were doctrine traumas around spirituality or conditioning around what God is, focusing on the Pillar of Light can heal expectations and fears of what God or the Divine is and help you open to your own Divine nature.

Pillar of Light Exercise:

Close your eyes and visualize your Pillar of Light. If it feels good for you - In the space below, draw a picture of what your Pillar of Light looks like to you: